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| **October 2019**Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Classroom

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| **Date** | **1** | **2** | **3** |
| **Sept 30** |  |  |  |
| **Oct 1** |  |  |  |
| **Oct 2** |  |  |  |
| **Oct 3** |  |  |  |
| **Oct 4 \*\*** |  |  |  |
| **Oct 7** |  |  |  |
| **Oct 8** |  |  |  |
| **Oct 9** |  |  |  |
| **Oct 10** |  |  |  |
| **Oct 11 \*\*** |  |  |  |
| **Oct 14** |  |  |  |
| **Oct 15** |  |  |  |
| **Oct 16** |  |  |  |
| **Oct 17** |  |  |  |
| **Oct 18 \*\*** |  |  |  |
| **Oct 21** |  |  |  |
| **Oct 22** |  |  |  |
| **Oct 23** |  |  |  |
| **Oct 24** |  |  |  |
| **Oct 25 \*\*** |  |  |  |
| **Oct 28** |  |  |  |
| **Oct 29** |  |  |  |
| **Oct 30** |  |  |  |
| **Oct 31** |  |  |  |
| **Nov 1 \*\*** |  |  |  |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 30Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitLow Fat Penne Alfredo & Chicken, Roasted Seasonal Veggies, Fresh Fruit | 1Breakfast for Lunch—French Toast, Eggs, Lyonnaise Potatoes, Fresh FruitPasta w/Turkey Bolognese Sauce, Roasted Seasonal Veggies, Fresh FruitPasta w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 2Picadillo, Roasted Seasonal Veggies, Brown Rice, Fresh FruitGrilled Chicken & Cheddar Sandwich, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 3Turkey Meatball Sub, Baked Tater Tots, Fresh FruitTurkey Meatballs w/Roll, Baked Tater Tots, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 4Beef & Broccoli Stir Fry, “Fried” Rice w/Vegetables, Roasted Broccoli, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 7Chicken Cacciatore w/Tomato Sauce over Pasta, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 8Turkey Tacos, Rice & Beans, Fresh FruitCheese Ravioli w/Tomato Sauce, Roasted Seasonal Veggies, Fresh FruitCheese Ravioli w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit | 9Honey Soy Glazed Chicken w/Lo Mein Noodles, Sautéed Veggies, Fresh FruitHoney Soy Glazed Chicken Sandwich, Sautéed Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 10Lean Beef Burger, Roasted Sweet Peas, Fresh FruitLean Beef Meatballs w/Tomato Sauce, Roasted Sweet Peas, Roll, Fresh FruitMac & Cheese, Roasted Sweet Peas, Fresh Fruit | 11Spice Rubbed Chicken w/Israeli Couscous, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

1. Check off your child’s lunch order for each day (select a meal)
2. Every day you have the option of Water, Milk, or Chocolate Milk.
3. Each meal is $4.50. A full menu for the month is
4. Tear off the completed form and **RETURN WITH PAYMENT by Wednesday December 19th.**

Meals x $4.50 =

Paid by: check # or cash

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 14Pasta w/alla Rosa Sauce & Chicken, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh Fruit | 15Cheese Lasagna, Roasted Seasonal Veggies, Fresh FruitMexican Lasagna, Roasted Seasonal Veggies, Fresh FruitBreakfast for Lunch--Egg & Cheese Bagel, Lyonnaise Potatoes, Fresh Fruit | 16Ropa Vieja, Brown Rice, Roasted Seasonal Veggies, Fresh FruitChipotle Shredded Beef Sandwich, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 17Baked Fish Sticks w/Slaw (on the side), Roasted Potato Wedges, Fresh FruitBreaded & Baked Fish Sandwich w/Slaw (on the side), Roasted Potato Wedges, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 18Chicken Parm Sub Sandwich, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |
| 21Pasta Puttanesca w/Chicken, Roasted Seasonal Veggies, Fresh FruitBaked Chicken Nuggets, Sautéed Broccoli & Garlic, Fresh FruitBaked Quorn Nuggets, Sautéed Broccoli & Garlic, Fresh Fruit | 22Lean Beef & Cheese Burrito, Black Beans, Roasted Seasonal Veggies, Fresh FruitCheese & Quinoa Burrito, Black Beans, Roasted Seasonal Veggies, Fresh FruitCheese Tortellini w/Olive Oil, Roasted Seasonal Veggies, Fresh Fruit  | 23Baked Chicken Piccata, Roasted Seasonal Veggies, Fresh FruitGrilled Chicken Sandwich, Roasted Seasonal Veggies Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 24Maple Mustard Glazed Sliced Turkey, Roasted Seasonal Veggies, Roll, Fresh FruitMaple Mustard Glazed Turkey Po’ Boy, Roasted Seasonal Veggies, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 25Braised Chicken & Cheese Empanadas on a Bed of Brown Rice, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggies & Dip, Fresh FruitCheese Pizza, Veggie Chips, Fresh Fruit |

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| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 28Baked Chicken Nuggets, Roasted Seasonal Veggies, Fresh FruitBaked Quorn Nuggets, Roasted Seasonal Veggies, Fresh FruitPasta w/Lean Beef Meatballs & Tomato Sauce, Roasted Seasonal Veggies, Fresh Fruit | 29Chimichurri Chicken w/Spanish Rice, Roasted Seasonal Veggies, Fresh FruitChimichurri Grilled Chicken Sandwich, Roasted Seasonal Veggies, Fresh FruitPasta w/Olive Oil, Roasted Seasonal Veggies, Fruit | 30Philly Cheesesteak, Roasted Seasonal Veggies, Fresh FruitSesame Ginger Beef & Long Bean Stir Fry, Lo Mein Noodles, Roasted Seasonal Veggies, Fresh FruitGrilled Cheese, Roasted Seasonal Veggies, Fresh Fruit | 31Mojo Grilled Chicken w/Black Bean Salsa, Roasted Seasonal Veggies, Brown Rice, Fresh FruitJerk Chicken Sandwich, Plantain Chips, Fresh FruitMac & Cheese, Roasted Seasonal Veggies, Fresh Fruit | 1Mexican Carne Asada w/Pico de Gallo, Spanish Rice, Roasted Seasonal Veggies, Fresh FruitCheese Pizza, Veggie Chips, Fresh FruitCheese Pizza, Veggies & Dip, Fresh Fruit |